

Thurmont Senior Center

806 East Main Street Thurmont, MD 301.271.7911

April 2011



<i>Mondays</i>	<i>Tuesdays</i>	<i>Wednesdays</i>	<i>Thursdays</i>	<i>Fridays</i>
Computers, Cards, Games, Puzzles, and Wii available daily.	*Preregistration Required. See Center Coordinator for information and cost.		<i>April is a promise that May is bound to keep.</i> -Hal Borland	1 9:30am – Living Well class @ESC* 10:30 am Wii Bowling 1 pm Bridge or Art 1 pm Grocery Shop
4 10:30am Laughter Yoga w/Lynn 11am Seated Massage Demo & Talk w/Marie Free 12:45 pm Canaries	5 9:15am Video Aerobics 10am Rummikub 1pm Mah-jongg	6 9:15am Video Exercise 11 am Chair Exercise 12:30pm Wii play	7 9:15 am Video Aerobics 11:45am <i>Brain Teasers</i> 12pm Birthday Luncheon 12:30 Movie Matinee 6:30pm Cards, “500”	8 9:30am – Living Well class @ESC* 10:30 am Wii Bowling 1 pm Bridge or Art 1 pm Grocery Shop
11 10:30am Laughter Yoga w/Lynn 11 am Chair Exercise 11:30am Table Talk w/Linda 12:45 pm Canaries	12 9:15 am Video Aerobics 10am Rummikub 1 pm Mah-jongg	13 9:15am Video Exercise 11 am Chair Exercises 12:30pm Wii play	14 9:15 am Video Aerobics 11:00am Crafting: paper dogwood flowers 12pm Spring Luncheon 6:30pm Cards, “500”	15 9:30am – Living Well class @ESC* 9am-3:30pm Fred. Co. DoA trip- tour of Capital building – D.C.* 10:30 am Wii Bowling 1 pm Bridge or Art 1 pm Grocery Shop
18 10:30am Laughter Yoga w/Lynn 11 am Chair Exercise 11:30am Table Talk w/Linda 12:45 pm Canaries	19 9:15am Video Aerobics 10am Rummikub 1pm Mah-jongg	20 9:15am Video Exercise 11 am Chair Exercises 12:30pm Wii play	21 Senior Health Fair* – all day-FSC Van* leaves at 9am/returns 3pm Regular programs cancelled. 6:30pm Cards, “500”	22 CLOSED Good Friday Holiday
25 10:30am Laughter Yoga w/Lynn 11 am Chair Exercise 11:30am Table Talk w/Linda 12:45 pm Canaries	26 9:15 am Video Aerobics 10am Rummikub 11 am BP w/Nurse Steve 12:30 pm <i>Health Info Overload- is there such a thing as too much info?</i> 1 pm Mah-jongg	27 11a -5p MD SR Idol Contest – Annapolis* 9:15am Video Exercise 11 am Chair Exercises 12:30pm Wii play 6pm Sr Council B-day party at Mt. Gate*	28 9:15 am Video Aerobics 11:45am <i>Brain Teasers</i> 6:30pm Cards, “500”	29 9am-3:30pm Fred. Co. DoA Trip- American Indian Museum – D.C.* 10:30 am Wii Bowling 1 pm Bridge or Art 1pm Crafting Party Favors 1 pm Grocery Shop